

10 HABITS OF ATTENDING

Students should be encouraged to ask themselves:

- 1. Am I here now?**
- 2. Do I know what I have just read?**
- 3. Am I focused?**
- 4. Am I listening to the teacher?**
- 5. Is my mind wandering?**
- 6. Is the voice in my head taking me off task?**
- 7. Am I being distracted by sights, sounds, or other people?**
- 8. Do I need to ask for help to clarify any confusion?**
- 9. Is my desk clear of distractions?**
- 10. Should I change my seat to be near the front of the classroom?**